

## RELATIONSHIPS AND MENTAL HEALTH

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### ABSTRACT

*Dictionary defines a relationship as a way of connection between two or more people, the way they communicate and behave towards each other with various contexts or situations of life. The psychological well being of a person is termed as mental health, the functioning of emotional and behaviour in a manner that brings mental peace and stability along with physical nourishment. People, relationships and mental well being are important aspects of life. People who are mentally stable have a healthy relationship with themselves, the environment they live in and the people they interact with. The human brain has a development rate that is very fast and it starts with development in the foetus and the environment and attitude towards life outside the womb has a direct relation and effect inside. According to studies, a child's brain develops 80% when he/she reaches 8 years old and the age 2-4 is quite crucial. This early age is where the brain develops many skills like social skills, behavioural skills and the ability to learn and think what's right and wrong, the way to communicate with people and deal with situations in life, moral codes are instilled in kids at early age. And then there are those who suffer from anxiety and depression and inferiority complex with things happening around them which is a major factor in their personality development and leads to mental illness. This life, environment and the relationship with various people and things in life has a direct effect mental health of a human being.*

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### INTRODUCTION

One of the most important aspects of any human's life is relationships. But we usually forget the core essence and how crucial is this connection with people for our physical and mental health and the well being of our aura. The society that we live and the nature that we breathe in has a huge impact on the peace, tranquillity, strength, confidence within our personalities or a mental illness that in turn leads to a failing physical health. People who are quite social and outgoing have a healthy mind and body isn't always true but yes the quality within the relationships can be a reason for a healthy physical mental health which leads to a fulfilling and longer life. Living in an environment or a connection with an entity or person who is toxic can be detrimental to the sanity of a person and this would lead to narcissistic approach with the dealings with other humans, in turn that can cause trauma unintentionally to the aura of others who are in the circle of this one person. We as a united and unified society have to urgently take drastic approaches in investing, developing and maintaining mental health and good positive relationships. We have a duty to transform the toxic vibes on the environment into a progressive and healthy forefront that would result in individuals who are sane and happy in their skin and don't have the ongoing illness of being shunned and hurtful to themselves and others too. Relationships include connection between two or more people that can be intimately connected with our dear and loved ones and formally with people whom we work or interact with on a day to day basis. Being alone or feeling alone and lonely within any relationship can be the leading cause of mental stress, which can lead to mental illness. Poor psychological and mental health has an effect

of the mortality rate and results in lower life satisfaction that can be the predatory causes of various crimes, abuses, addictions, suicidal thoughts and so on. People in unhappy, toxic, negative or poor relationships have a worse outcome in our life than being alone or in isolation even though that too has many bad consequences in the mind functioning and running of our life smoothly. How we connect and interact with people in the world of today is quite different than the before ages. The evolution of family structures, our dependency on technologies, extra work load and so on too add up to the equation where life is never going to be same in the manner of relationships and mental health, where the wave lengths of internet has a dire effect on the smooth running of relationship as well as the proper functioning of the brain.

**Family and childhood:** Childhood is a very crucial and naive age where right and wrong exposure can have an influence in their lives in such a manner that the direction to life can be positive, full of vibrant energy and vibes or filled with dark and painful, suffocating moments. Childhood and adolescence is a time period in the life of every individual that gives us the exposure in how to connect, interact and engage with people other than our parents and immediate or extended family members. Children and young people imitate and mimic the actions, language, behaviour and emotions of people around them. Early socialisation skills shape how they understand and form relationships throughout their lives.

The attachment a child has with his or her parent or guardian has a main effect on the mental health and well being of the child. If the child or young person has an environment with constant fights and unrest would be in a traumatic mind frame that would have a definite effect and impact on his personality and the future connections he makes, either intimate and close or formally. Changes within the authentic and basic family structure or family breakdown can lead to a pause in the ongoing development of the personality of the child or young person, it interrupts the formation of solid and positive bonding within family and leads to drastic experiences in future with various interactions with a variety of people. Not only there has to be a stable family structure but a harmonious environment that showcases in reality the strong bond within each member of a family filled with care, respect, understanding and love. At a certain time the peers and friends become far more close and influential than the family. Toxic experiences like bullying or social non-acceptance due to certain factors can have a serious effect on the well being of a young person, and these are the formative times of development that will be the leading gates of right and wrong directions and choices in life. A protective and positive support system from parents and teachers, counsellors can be the wall that can buffer the young and budding minds from being tarnished by the brutal negative predators at such a crucial time period. Future social behaviour, educational outcomes, employment opportunities along with physical and mental health has a direct cause and effect cycle on the circumstances like neglect, abuse, conflict, family issues and so on. Children and young people that have a solid, positive, strong and good relationship with family and friends have a higher rate of successful and satisfied life. Couple therapies can be worked out so the basic entity of a strong family upbringing with the right environment can be a way to pave healthy mental and physical life for children and young people.

**Adults and couple relationships:** A time of stability with a new window of joy opening by discovery of new relationships, especially building and creating a family of own. But it is also very difficult to scrutinize every relationship. So there is a lot of loneliness, isolation, relationship breakdowns, expectations, divorce, separation, imbalance between work and life, children leaving homes to pursue their lives, retirement, bereavement and so on. Adults who maintain positive relationships have a longer life expectancy but then a healthy childhood and teen life has a direct effect on the mental stability in the adult ages. But then there is a catch as well that there are those who have had a rough early years but with right mindset and decision making, they don't let their traumatic early years affect the smooth life in adult years. This can be dealt with proper counselling and therapy sessions and a positive outlook towards life, relationships and an environment that focuses on the goodness rather than the shortcomings, a support system that

enhances and nourishes oneself to go beyond the pain and conquer a stable forefront to life.

Issues like longer working hours, harassment and gender inequality, miss management of money, less productive time with family are some of the major stress factors that lead to anxiety, depression and mental ill health. Being in a stable environment, may it be society or people have been linked to both physical and mental health benefits. Being physically and mentally safe and happy adds up to the meaning of life as well as mortality rate. Research has found that unhappy relationships have negative influence on physical and mental health than being single. Having friends and family whom we can share happiness and sad troubling matters have a huge impact in life. Emotionally supportive people are the building blocks to stress free, happy and successful life. People who encourage and support us, bringing out the positivity from deep within our core, tend to increase the level of life satisfaction and happiness at every sphere of life, with providing antibodies that fight off negative and life stress easily than ever before, the protective mechanism generated in the mind becomes more strong. A positive and high marital quality is a leading answer to lower stress levels and depression with the intendency to a new goals and adventures in life. A neighbourhood with good non interfering neighbours bring about peace in the day to day running of life.

As life progresses in adulthood, from job seeker to skilled worker, to new budding family life, the added pressure of being new parents to coping life with teenagers, journeying to kids moving out of home for study, work and so on, the onslaught of old age, life has its ups and down at every corner and turn. Being active in life with giving priority to ones physical and mental health rejuvenates the moments of life that at times can be filled with loneliness. There are chapters or days of life where the value of relationships and how they alter with our changing roles in life can be either causes of distress or positive power packed ad ons to life.

Community and reality: Human is a social and superior being, isolation and loneliness is an ill effect on the nature of man but at times this benefits more than being in an environment that breeds toxicity. Being a part of any community plays quite a role on our happiness and mental health, the connectivity and support and a sense of belonging goes a long way. But communities have changed slowly in the past but now every day brings about a drastic evolution. Traditional the societies and communities, there was warmth and interaction in neighbourhoods, but now long working patterns, children pressured in extreme study patterns, variety of family structures, modern mentality and ways of society's working with emergence of technology and the addiction and obsession to social media and the world of electronics is playing a major role on the mental well being of a person. Networking sites were meant to be a platform to connect and be near to family and friends but it has been the major cause of lack of communication and breaking of trust and relationships. The sense of belonging has blurred the lines of who really matter and what can be cyber bullying and blackmailing that has lead to suicides and love – hate crimes which is another feather in the hat of mental ill being. As a society and community it is our duty to make sure healthy online connections are made and maintained with a set off boundaries that shouldn't be crossed or the amount of mental health issues will never be checked. The importance of human relationships has been on decline at a very fast pace, even though with the help of modern technologies, life has been easy in communicating and connection building but it's quite not the same as face to face experience in the aura of physical warmth and touch which produces chemicals in the brain which are responsible for wellbeing of a person. Physical touch releases hormones like oxytocin, dopamine and serotonin that once released within the body, the experience of relaxation, happiness, good mood and lower levels of anxiety and depression is felt that is again a good sign for mental and physical well being and adding up to a strong relationship.

Mental health and life experiences: It's a vicious circle/cycle with relationships impacting mental health and in turn mental health impacting and influencing how connections are made, developed and progressed. Ill mental health effects in the way how we behave and acct with people around us, at times being a trial to their sanity and danger to our well being as well may it be physical or mental. At times the socialising and maintain relationships could be challenging due to the confidence levels or social norms and settings, or how people react negatively to someone's ill health. For example, a person who is shy but loves to do mimicry, gets an opportunity at an open house night to perform but due to shyness isn't able to perform. People would either make fun of him or support him and the behaviour and attitude of people would directly and indirectly have an impact on the persona of this person, either pushing him out of his or her comfort zone or spiral in forever label of self inferiority, leading to mental issues.

Recognising that someone suffers from mental health and giving them your support and understanding is a huge step towards achieving the goal of navigating and making an environment that help them encounter and overcome obstacles without being shunned or laughed or being misunderstood. People with mental health issues can have fulfilling lives but it takes the correct approach from people and strong relationship bonds to be the reason to go an extra mile. Investing in mental health is a full proof strong bond and connection within the relationship and this vice versa helps going through life with someone who understands and moving forth towards happiness despite being in a mental state that could be the leading cause of life at risk. The relationships that we make at childhood and as young people play a huge role in moulding our future adult life and relationships. Time and again life and its attractions pale away the importance of relationships, our way of thinking needs a positive and broad change that can accommodate the well being of mind, body, soul and relationships to a full and successful life.

## CONCLUSIONS

Mental health is more than anxiety or depression, it is an overall wellbeing related to physical, mental and emotional health. It includes positive and negative elements that either creates circumstances which can heal the issues like self worth, suicidal thoughts or spiral down to adversities that have no cure. Ongoing care is a must where both physical and mental health is concerned and relationships play a major role in the direction well being moves. There is interdependency where mental health and relationships are addressed. There combination and collaboration with a positive vibe and exposure to healing and investing results in satisfaction of human life fulfilment.

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